



More than 200 employees registered to participate in the Make Your Move campaign

Hanford Environmental Health Foundation Health Education Service

Hanford Environmental Health Foundation joined forces with Fluor Hanford to sponsor the “Make Your Move” campaign, an eight-week program from May 21 through July 16, designed to promote physical activity and exercise and improve the health of workers throughout the Hanford Site.

Any Hanford Site employee with a DOE badge was eligible to participate in the program, and total of 202 employees representing all major contractors and several subcontractors registered to participate. Of these registered employees, 59 finished the program, and another 39 completed all the games published in the *Hanford Reach* throughout the course of the campaign.

Employees who registered for the Make Your Move program were given a diary in which they were asked to make an entry whenever they participated in a healthful exercise or physical activity.

Participation points were awarded for each of the entries, based on the time spent on that activity, rather than the specific type of exercise or intensity of the exercise. Extra points were awarded for completing the games published in the *Hanford Reach*, and for demonstrated reduction of health risk factors such as weight loss, lowered blood pressure and a decrease in cholesterol.

Points were also awarded for recruiting friends, co-workers and family members to join in physical activity and exercise. One participant recruited eight individuals during the course of the program.

Most of the participants who finished the Make Your Move program were already engaging in some sort of exercise or physical activity before registering. The program provided these employees extra incentive to continue or even expand their physical activity and exercise.

The program also had the goal of motivating those employees who do not exercise. HEHF staff members saw some evidence that the program did motivate people to begin exercising more, and while some participants did not finish the entire program, the staff was encouraged to see that employees showed the initiative to begin improving their health.

When the employees registered, they were asked to indicate their reasons for participating in the program, such as weight loss, improved sleep, maintaining a healthy weight, stress reduction, conditioning, and reductions in cholesterol and blood pressure. The highest response tallied was general health, followed by weight loss, conditioning and reducing stress.

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Make Your Move campaign wrap-up, cont.

The diaries completed by the Make Your Move participants were outstanding, and displayed a wonderfully diverse list of physical activity and exercise in which employees engaged. Walking was the most frequently reported exercise, and other popular activities included bicycling and golf. Many participants even listed yard work. Other participants engaged in unique activities such as kickboxing, aerobics, dancing, canoeing and fencing.

Participants who completed the program reported reduction in cholesterol levels, blood pressure and stress. The HEHF staff was pleased to see that one participant quit smoking during the eight-week program.

Reduction of these health risk factors was an important facet of Make Your Move. Participants also reported gaining an increased awareness of eating and nutritional habits, developing consistent and more frequent exercise routines and accepting more accountability for maintaining a healthy lifestyle.

As an incentive to encourage site employees to complete the eight-week program, a \$50 gift certificate from Galt Sports or Big 5 Sporting Goods was promised to the person who earned the most points. The response was outstanding, and \$50 gift certificates were given to the three site employees who earned more than 1,000 points: Vikki Ballew of Fluor Hanford, Tom Nirider of the Department of Energy and Christine DeVere of HEHF. Prizes from Big 5 Sporting Goods were given to the next 10 percent of employees with the most participation points. Six additional participants also received prizes for special achievements such as weight loss.

This first Make Your Move campaign on the Hanford Site helped employees recognize the importance of physical activity and exercise in maintaining a healthy lifestyle — especially for an aging Hanford Site workforce. HEHF plans to run a similar program in the future, and hopes to draw an even larger number of participants and motivate more Hanford Site workers to exercise. ■